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A MATCH MADE IN SUMMER

GET GRILLING AND MAKE THIS MASTERPIECE CHICKEN DISH TOPPED WITH A SEASONAL SALSA PAGE 12

A farm shop about 20 kilometres north of Outlook lies in shambles after it was destroyed by a tornado on Saturday. Environment Canada says the twister's wind speed was 100 km/h to 200 km/h. Inset: The tornado touches down near Outlook.

COURTESY DALAS KING/OUTLOOK FIRE DEPT.; INSET: THE CANADIAN PRESS/COURTESY JESSICA KUBASHEK

Outlook mayor says tornado a wake-up call

'Absolute mayhem.'
Town fire chief is thankful nobody was injured

MORGAN MODJESKI
Metro in Saskatoon

The mayor of a south-central Saskatchewan town says the community should become more prepared for emergencies after a tornado destroyed properties in the area.

Bob Stephenson, mayor of Outlook, said on Sunday that severe damage to a farm shop and Quonset about 20 kilometres north of the town is a "wake-up call."

"We get a little complacent, obviously, when you've never dealt with one," Stephenson told Metro of tornadoes.

"But all you have to do is deal with one, and it's too late."

The twister, which Environment Canada says touched down approximately 2:30 p.m. near the town about 95 kilometres southwest of Saskatoon, produced winds between 100 km/h and 200 km/h.

"There's no reason there shouldn't have been fatalities, with the way that everything looked," Dalas King, chief of the Outlook Fire Department, said of the lack of deaths or even serious injuries while the tornado caused "absolute mayhem" on the ground.

"There was a lot of lucky people involved."

Ray Derdal and his son were in separate buildings at their farm near Outlook when the twister struck.

"It was just a direct hit. It took a 100-year-old barn that we were fixing up. It took the Quonset and it took the shop. It took the windows out of the house," Derdal said.

"It even sucked the comforters off the beds through the windows and out of the house."

Miraculously, Derdal said, neither he nor his son were hurt.

Ole Remmen and his brother watched as another tornado moved toward Kenaston. They jumped into their vehicles to see where it would go.

"It went past the north end of town, blew through the cemetery and knocked down a couple of trees," said Remmen.

Derdal said before Saturday, he had seen tornadoes only on television.

"You think it will never happen to you," Derdal said.

WITH FILES FROM THE CANADIAN PRESS

NEWS 1

Crooked Lake

Cabins battered as storm hits swollen lake

Cottages along Saskatchewan's Crooked Lake have been battered by trees and waves whipped up by a storm this past weekend.

Carla Crozier, who owns a cabin on Grenfell Beach, said waves of more than a metre high washed some cabins completely away, while hail was larger than golf balls.

Many owners had spent the week preparing with sandbags as water levels swelled following heavy rainfall more than a week ago in the Lower Qu'Appelle River watershed, but Crozier said they didn't stand up to the storm.

"It's discouraging because we spent all week damming up properties. People put up tens of thousands of sandbags," Crozier said.

"And all of that gave way due to this severe weather."

Crooked Lake rose three centimetres on Saturday night, though provincial officials said it has fallen eight centimetres overall from its peak.

Round Lake, meanwhile, rose five centimetres and was expected to set a record with a crest on Sunday or Monday.

Patrick Boyle with the provincial Water Security Agency said attention is also being paid to the Little Quill and Big Quill lakes.

Officials remained concerned on Sunday about the impact on municipal grid road 640 that runs north from Wynyard — one of the main access roads in the area.

Boyle said boaters should use caution on the lakes because of floating debris. He noted that wakes generated by boats could also damage flood mitigation efforts.

Duane McKay, provincial commissioner of fire safety, said the weather has made it more difficult to combat the flooding because it knocked out power and prevented use of sump pumps.
THE CANADIAN PRESS/CJME/CJWW/METRO STAFF

Robots! Slime! Hotdogs!

Saskatchewan Science Centre turns 25. Birthday party for Regina institution lasts all weekend long

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The Saskatchewan Science Centre is turning 25, and celebrated its birthday with 25 hours filled with robots, nature walks, geyser experiments and running on water.

From Friday night until Sunday morning, more than one thousand patrons visited the centre to take part.

"It was great to have that many people celebrate with us," spokesman Ryan Holota told Metro. "It just goes to show that the science centre is a really important piece of Saskatchewan."

Children and adults were able to build Lego robots, make slime, go on nature walks and eat a free hotdog lunch. Some even had a chance to help make 25 Diet-Coke-and-Mentos geysers shoot up simultaneously, and run on a pool filled with a cornstarch and water mixture that becomes solid when in contact with a force.

"Making robots was really good," Nicholas Miles, 7, said while putting one together. "I want to one day make them fly and go to space with them."

The centre opened in April 1989, and has since gone through several redevelopments with additions of wings, exhibits and an IMAX theatre.

According to Holota, though, the centre's vision remains the same.

"We've always aimed to promote innovation, creativity and imagination in children and even adults," he said.

"These kids are the next leaders of our province, and it's really important to instil those in them early on."

Richard Robert and his children have never missed a new exhibit there.

"It's a great way to awaken their curiosity," said Robert, who has had a membership for his family for the last few years.

"It's a good means of getting them to think through our family outings here, and the workshops they attend here with their school and friends."

Ella Robert, 4, plays with a Lego robot that she built with her siblings at the Saskatchewan Science Centre's 25th anniversary celebration on Sunday. Inset: Science Centre spokesman Ryan Holota points out photographs on a "memory wall," which shows the improvements made to the facility in the past 25 years. SARAH TAGUIAM/METRO

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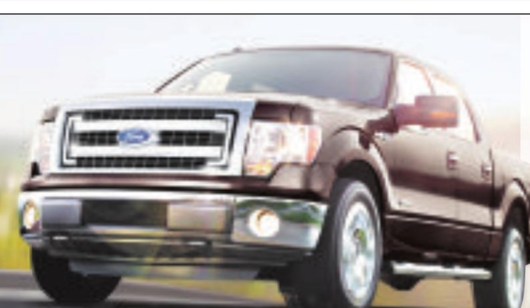

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Ukraine

Pro-Russia rebels regroup after setback

Discouraged but defiant, pro-Russia separatists vowed to keep fighting the government in Kyiv from the largest city in eastern Ukraine, where they regrouped Sunday after being driven out of a key stronghold, Slovyansk.

At a rally in a central Donetsk square, the rebels were cheered on by thousands of supporters waving flags from Russia and the self-proclaimed independent Donetsk People's Republic.

Many urged Russian President Vladimir Putin to come to their aid — but there was no comment Sunday from Russia. THE ASSOCIATED PRESS

United States security

Passengers flying to America asked to power-up devices

The U.S. Transportation Security Administration is requiring passengers at some overseas airports that offer U.S.-bound flights to power on their electronic devices.

The TSA says it is requiring some overseas airports to have passengers turn on devices such as cellphones. It says devices that won't power up won't be allowed on planes, and those travellers may undergo additional screening.

America's Homeland Security Secretary recently ordered the TSA to put extra security in place at some international airports. THE ASSOCIATED PRESS

Uganda

Clashes between tribal militia and Ugandan security

A Ugandan military official said Sunday more than 40 gunmen were killed in clashes between Uganda's security forces and a tribal militia near the country's border with Congo, in what appeared to be co-ordinated attacks targeting police posts and military barracks in three districts.

Ugandan troops killed at least 41 gunmen before containing the situation, Lt. Col. Paddy Ankunda said.

The death toll could yet rise as security forces attempt to arrest the fleeing gunmen, who are suspected to be radical members of a tribal group that has long felt neglected by the central government. THE ASSOCIATED PRESS

Six arrested in Palestinian teen's slaying

Israel. Leaders of the Middle Eastern state appeal for calm amid signs the death was revenge for the killings of three Israeli teens

Israel arrested six Jewish suspects Sunday in the grisly slaying of a Palestinian teenager who was abducted and burned alive last week — a crime that set off a wave of violent protests in Arab sections of the country.

An Israeli official said there were six suspects and described them as young males, including several minors.

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed," Prime Minister Benjamin Netanyahu said in a nationally televised statement. "Murder is murder, incitement is incitement, and we will respond aggressively to both."

He promised to prosecute those responsible to the full extent of the law.

The region has been on edge since three Israeli teens — one of them a U.S. citizen — were kidnapped while hitchhiking in the West Bank last month.

Last week, the teens' bodies were found in a West Bank field.

Israel blamed the crime on the militant group Hamas. THE ASSOCIATED PRESS

'Murder is murder'

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed."

Israeli Prime Minister Benjamin Netanyahu. Despite the arrests, the situation remains tense. Gaza militants have stepped up rocket fire, drawing Israeli airstrikes.

Dalai Lama greets Richard Gere at the 33rd Kalachakra initiations

Tibetan spiritual leader the Dalai Lama shakes hands with actor Richard Gere before teachings on the fourth day of Kalachakra near Leh, India, on Sunday, which marked the birthday of the Tibetan leader. Buddhist devotees from across the globe have arrived in the Himalayan region of Ladakh to attend the Kalachakra or Wheel of Time initiations by the Dalai Lama, which began Thursday. TSERING TOPGYAL/THE ASSOCIATED PRESS

Italy. Church event honours mobster, despite Pope's words

In defiance of Pope Francis, a church procession detoured from its route through an Italian town to honour a convicted mobster. The tribute took place in Oppido Mamertina, a Calabrian town and 'Ndrangheta syndicate stronghold. Pope Francis recently denounced the crime group and excommunicated its members. THE ASSOCIATED PRESS

Iraq. Video purportedly shows militant leader

Iraqi officials are working to determine the authenticity of a video that purportedly shows Abu Bakr al-Baghdadi, the leader of the Islamic State group that has seized large swaths of the country, delivering a sermon this week at the Great Mosque in the city of Mosul. The man in the video urges his followers to jihad. THE ASSOCIATED PRESS

Lac-Mégantic remembers

One year later. Forty-seven people died when a train pulling tankers of oil derailed and exploded

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnes Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church Sunday in long lines.

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

"How many times has the whole community of Lac-Mégantic impressed us, by its wisdom, and its capacity to lift itself up?" said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

"You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love."

In memoriam

"We will never forget the victims whose names are etched in stone."

Quebec Premier Philippe Couillard

AUGMENTED REALITY

→ Scan the photo with your Metro news app to see more pictures of the ceremony.

→ See the full instructions on Metro's Voices page.

A man touches a stone monument in front of Ste-Agnes church following a memorial service for the 47 victims of an oil-filled train derailment a year ago Sunday in Lac-Mégantic, Que. PAUL CHIASSON/THE CANADIAN PRESS

Some of those tears were being shed Sunday by people gathered outside the church to watch the service as it was projected onto a big screen metres from the derailment site. A number of people sat on lawn chairs and dabbed at their eyes.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A moment of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Quebec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

Earlier Sunday morning, more than 1,000 people marched in solemn silence in the darkness after observing a moment of silence at 1:15 a.m. That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

THE CANADIAN PRESS

Calgary. Police ask for more tips on missing boy and grandparents

Police say a man who was questioned in connection with the disappearance of a five-year-old Calgary boy and his grandparents has been released. Calgary police say he remains a "person of interest" and several police units will continue to search a residence connected to him northeast of Calgary.

Investigators say that, given the size of the property, the search is likely to continue throughout Sunday and into Monday as they search for clues in the disappearance a week ago of Nathan O'Brien and his grandparents — Alvin and Kathy Liknes.

Acting on a tip police arrived at the property late Friday night and found a green Ford F-150 truck similar to one spotted in a video taken near the Liknes home. Police say they are trying determine if the truck, the property, or the man taken in for questioning are linked to the investigation.

Nathan and his grandparents disappeared on Monday. Police have said there was evidence of a violent incident in the Liknes' home.

Police say they want to hear from anyone who has any information regarding the whereabouts of the missing people or recognizes the pickup that was captured on video in the area of the grandparents' home.

THE CANADIAN PRESS

Nathan O'Brien and his grandmother Kathy Liknes are shown in a Calgary Police Service handout photo. Police continue to search for the missing boy and his grandparents. THE CANADIAN PRESS/CALGARY POLICE SERVICE

Michigan

15 saved from grounded boat

The U.S. Coast Guard says an overnight cellphone conversation with a 13-year-old girl led its crews to a pontoon boat grounded in the Grand River with 15 people, 13 of them deaf and four lacking medicine for medical conditions, Saturday.

The coast guard crew launched an inflatable ice rescue skiff from shore and shuttled passengers three at a time to a nearby tow boat. THE ASSOCIATED PRESS

Parachuting school

Plane crash kills 11 in Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people — parachuting instructors and students and the pilot of the plane.

The Piper Navajo plane was carrying 12 people when it crashed and burst into flames in an orchard Saturday just minutes after taking off from Rudniki Airport in southern Poland.

THE ASSOCIATED PRESS

Firefighter who died fighting blaze hailed as 'a real hero'

The Fire Department of New York is mourning the death of a lieutenant who became trapped while looking for victims in a public-housing highrise blaze, the first city firefighter to die in the line of duty in more than two years.

Lt. Gordon Ambelas died Saturday after suffering multiple injuries while on the 19th floor of the 21-storey building in the Williamsburg section of Brooklyn, officials said.

"We lost a real hero tonight and our hearts are heavy," Mayor Bill de Blasio said of the 14-year veteran of the force.

Fellow firefighters found Ambelas unconscious and carried him out of the building. They worked with emergency rescuers to try to revive him, but he died at a hospital, the mayor said.

"Ambelas went into the apartment to search for life and did not come out, and by the time his brother firefighters found him, it was too late for him," Fire Commissioner Daniel Nigro said.

It is the department's first line-of-duty death since Lt. Richard A. Nappi was killed fighting a Brooklyn warehouse blaze in April 2012. Ambelas is the 18th to die since 343 firefighters perished in the Sept. 11, 2001, terrorist attacks that destroyed the World Trade Center.

This photo taken on June 26 and released by the NYPD shows Lt. Gordon Ambelas, who died at a hospital late Saturday night. THE ASSOCIATED PRESS/NYFD

A police officer, Dennis Guerra, died in April after he and his partner were overcome by smoke and carbon monoxide while responding to a mattress fire on the 13th floor of a Coney Island public housing complex.

Ambelas, a 40-year-old married father of two daughters from the New York City borough of Staten Island, was among the firefighters honoured last month for helping to save a seven-year-old boy who became trapped in a roll-down gate in May. The boy was pulled 4.5 metres off the ground when his arm and head got stuck.

Ambelas said at the time that the incident "shows that FDNY members are always ready to help others. It was great teamwork all around."

The fire broke out around 9:30 p.m. Saturday in an apartment on the 19th floor of the building that is part of the six-building Independence Towers complex owned by the New York City Housing Authority.

Flames then spread to the 17th and 18th floors.

Two other firefighters were treated at Bellevue Hospital for minor injuries. Two residents were treated at the scene for minor injuries.

The cause of the fire is under investigation.

THE ASSOCIATED PRESS

Riding out stock peaks and valleys

HOW TO ROLL
Alison Griffiths
metronews.ca

It only took six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put $100 into the TSX Composite Index six years ago you would have $100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same $100 invested in June 2008 would be worth nearly $123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

Just the stats

The best and worst TSX Composite Total Return Index:

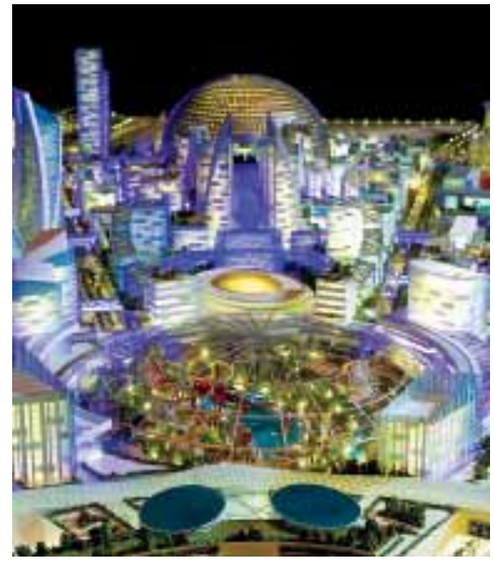
- **Best 10 years:** 1990-2000 — 15.59 per cent average annual return
- **Worst 10 years:** 2000-10 — 2.84 per cent average annual return

1. Dividends matter
Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments, though few increased them.

2. Time matters
Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters
It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



Puts Cornwall Centre to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheik Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

THE ASSOCIATED PRESS

If you're not first you're last ... in sponsorships

Eugenie Bouchard won't be bringing in seven-figure sponsorship deals, yet.
BEN CURTIS/THE ASSOCIATED PRESS FILE

Eugenie Bouchard's loss to Czech Republic's Petra Kvitova in the Wimbledon women's final on Saturday may have cost her millions in sponsorship income, according to experts who say the Canadian tennis star would have landed numerous seven-figure deals had she won.

"Champions (project) hard work, humility, perseverance, and those are all qualities and attributes other brands like to associate with," said Vijay Setlur, who teaches sports marketing at York University.

While the Westmount, Que., native did reach the final — the furthest a Canadian has ever gone at the world's most prestigious tennis competition — it only showed the 20-year-old has potential, and that is not enough, Setlur said.

"Once that potential is realized, then more brands will present offers or partnerships because you're dealing now with an athlete that's proven."

While Bouchard has never won a Grand Slam — the four most important tournaments in professional tennis, including Wimbledon — she has reached a Grand Slam semi-final two other times and also won the 2012 Wimbledon junior competition.

Cary Kaplan, president and owner of the marketing firm Cosmo Sports, agreed that Bouchard will need a championship to "catapult" her earnings potential, but predicted her future is bright.

Bouchard's marketing appeal is not just the result of her run at Wimbledon, and goes beyond her performance on the tennis court.

No slouch, so far

Bouchard's current sponsors include Coca-Cola Canada, sportswear giant Nike, French tennis firm Babolat, Rogers Communications and Ontario packaged chicken producer Pinty's Delicious Foods.

"She's charismatic," he said. "She is very focused. You don't have the impression that she will wilt away."

THE CANADIAN PRESS

Pensions sputter out in Motor City

The most anticipated vote in Detroit this summer isn't for a city office.

Instead, ballots due by Friday from city retirees could determine how quickly Detroit exits its historic bankruptcy and how much of the financial weight pensioners will bear.

Non-uniformed retirees are being asked to take a 4.5 per cent pension cut and no cost-of-living allowances. Police and fire retirees are faced with reduced cost-of-living payments.

Voting yea or nay?

32,000

Detroit pensioners face a tough vote this week as the city exits a historic bankruptcy. Voting yes would mean accepting cuts to their pensions, while voting against the proposed cuts could ultimately lead to more cuts for Motor City's 32,000 retirees and current and former city workers.

Their pension boards have joined Gov. Rick Snyder and state-appointed emergency manager Kevyn Orr in seeking "yes" votes on the plan.

Voting "no" could result in deeper cuts for the city's 32,000 retirees and current and former city workers.

All classes of creditors, including banks and bond insurers, also must vote by Friday on the aspects of Orr's debt restructuring plan that affects them.

THE ASSOCIATED PRESS

Volunteers Needed
Early Cognitive Development Lab

The Early Cognitive Development Lab is looking for children between the ages of 0 to 10 for studies on how children learn.

University of Regina
Phone: 306-585-4396
Email: earlycogdevlab@gmail.com

PRAIRIES CAN BE AS CRUEL AS KIND

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

It will take a long time for parts of Saskatchewan's southeast to recover when the floodwaters recede.

It was a knockout blow for many farmers and producers, who were already struggling with cool weather, more rain than normal and seed that's simply not "taking."

Well over 200 millimetres of rain saturated the area.

Weather-weary folks picked themselves up after a hard winter and sloppy spring, only to have to batten down the hatches once again.

Close to 70 communities declared states of emergency.

The water washed out highways and knocked out bridges as crops swirled away. Overland flooding became the norm because the water had nowhere to go.

Saskatoon Mayor Don Atchison reached out to Melville Mayor Walter Streelasky last week. Atchison no doubt understands the unease when the untameable water encroaches on riverbanks. Saskatoon has, more than once, bore the miserable brunt of an overflowing river.

Regina Mayor Michael Fougere has a sympathetic ear as well.

The Queen City received its fair share of damage.

But once things were brought under control there, Fougere sent emergency equipment, ambulances and personnel to regions hardest-hit.

It's these insidious waters that threaten the very livelihood of Saskatchewan people. Only months ago, we all boasted of the healthy crops that, in turn, fertilized an already healthy economy. Granted, the prairies can be as cruel as they are kind. Every single one of us knows the weather can turn on a dime.

Premier Brad Wall summed it up best when he flew over areas of southeast Saskatchewan last week.

"I have a hard time describing the water I see everywhere," Wall said. "It's jaw-dropping."

Yet, there seems to be an endless supply of faith in farmers here. We turn to them for weather predictions, wind directions and Roughriders lore. It's an almost inherent belief that southeast Saskatchewan and its waterlogged residents will get through this, because we have many, many times before.

Tara Beck of Carnduff says various companies and groups have contacted her town asking what they can do.

"They're bringing all the meals for everyone who is working out there. They're helping families who are trying to clean up homes," she says.

"It's absolutely incredible the way people come together."

Christina Cherneskey is news director at 620 CKRM in Regina.

JUMPING WITH THE BULLS

A reveller jumps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate the official opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta, scan this image with your Metro News app. ANDRES KUDACKI/THE ASSOCIATED PRESS

Papa's Pamplona

Thousands of people have crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls festival.

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE CANADIAN PRESS

By the numbers

3,500

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fuelled events as safe as possible.

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

- Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival each year.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 4 in News, page 7 in Scene and page 13 in Sports

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

When in Michigan ... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a distance of 41 feet, 6-1/2 inches (12.66 metres).

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind."

Organizer Monica Teichman on changing the direction of spitters

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry harvest.

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman said.

"We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

THE ASSOCIATED PRESS

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Ebooks

Seamus Heaney: Five Fables

By. Robert Henryson

iPad

●●●●●

MIND THE APP
Kris Abel
@RealKrisAbel
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Billy Connolly (Brave, Lemony Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prize-winner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

In a tribute to the comedy about nothing, Time magazine says it's remarkable that the show didn't really spawn any legitimate imitators, which speaks to just how unique and irreplaceable it was.

"Influence is one measure of greatness, but another, opposite one is inimitability. Some great art reproduces virally. And some is the product of a perspective (or in the case of Jerry Seinfeld and Larry David, two) that nature can't come up with twice."

THE CANADIAN PRESS

The stars of the show about nothing. CONTRIBUTED

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

Neon Trees frontman Tyler Glenn says he used to have trouble keeping his cool onstage. GETTY IMAGES

LISA WEIDENFELD
Metro in New York City

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

"I think his reaction inspired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way, and I don't know everyone's situation, but I do think it's important."

Of course, his news has "turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and … if that's the role model I can be, then I'm comfortable with that," says Glenn.

For those wondering if Glenn was trying to hide something on prior records, he says he thinks the older songs are honest representations of who he was at the time.

For the song Teenage Sounds off the band's second record, Picture Show, a lyric like "I'm sick of being called a fag because I'm queer," once reflected people's reaction to his flamboyant style of dress.

"Now that means more to me, obviously, and I think it means more to people," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.

metro AR

→ See the full instructions on Metro's Voices page.

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Drake PHOTOS: GETTY IMAGES

The Motto for Drake should be no Kanye

Drake may want to take a bit more care in selecting his next substitute to help out while he's felled by his current mystery illness. The rapper had to bow out of a recent appearance at the Wireless Festival in London and figured he'd make it up to the crowd by sending Kanye West in his place, according to Pitchfork. Except West had other ideas about how to spend the evening. West, who performed with an odd-looking mask obscuring his face, stopped the show for one of his standard 15-minute rants, his auto-tuned words accompanied by the sound of a piano and booing audience members. From what West was saying, it sounds like he's still holding some grudges in the fashion world. "I'm not going to call no names, I'm not going to say Nike or anything. I'm not dissing Louis Vuitton, I'm not dissing the Gucci group and s–," he shouted. "I'm just saying, don't discriminate against me because I'm a black man, or because I'm a celebrity, to determine that I can't create. Cause, you know, no black guy or celebrity's making no Louis Vuitton nothing." Duly noted. And someone should get the folks at the Oxford English Dictionary on the phone, because West has a few suggestions for new entries: "If believing in yourself is so, so, so wrong, and the other side is so, so, so, so strong in trying to beat down, and demonize and dishumanize — and I don't know if that's a word or not, and if it's not a word, then I said it's a f–ing word." And so it shall be.

Demi Lovato

Demi Really Don't Care about Selena's drama

Selena Gomez has one less BFF in her corner to count on, as fellow former Disney star Demi Lovato is reportedly done with the serial Justin Bieber-dater, according to Hollywood Life. Last week, just before the Fourth of July holiday, Lovato un-followed Gomez on Twitter, so we know it's serious. She also posted then quickly deleted a rather cryptic tweet: "Swimming away from the bulls— bye b–h." According to sources, Lovato — who is clean and sober — had been finding Gomez a "headache" she needed to cut loose. "Demi tried to help Selena with her substance problems and also getting rid of Justin from her life and it is apparent Selena refused to listen to Demi's advice," a source says.

The Word

Adam Levine: He's not like the rest of us

STARGAZING
Malene Arpe
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Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big screen during her tour with Jay Z and tells the audience, "Even the greatest can fall." What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in The Fault in Our Stars. "We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their balaclavas.

The producers of Better Call Saul, a pre-Breaking-Bad-timeline Breaking Bad spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in Really Boring Things Involving People Named Jennifer: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list. 3) Jennifer Hudson wears a short leather dress at the BET Awards. 4) Jennifer Love-Hewitt joins the cast of Criminal Minds.

Things that will not be happening: 1) Constantine smoking cigarettes in the upcoming TV series. 2) Zendaya playing Aaliyah in the Lifetime biopic. 3) Shia LaBeouf ever dining at California restaurant The Local Peasant again after casually peeing on a wall. 4) Michael Bay ever ceasing to make Transformers movies. 6) Anyone tiring of seeing David Beckham modeling tight underwear.

Jessica Simpson

Old married Jessica won't be acting like a Newlywed

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to E! Online. The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to Good Morning America earlier this year, there were no fears of either getting cold feet at this point. "I already feel like we're an old married couple," she said. "Like, if he wanted to run, he could've run when I was hormonal and pregnant."

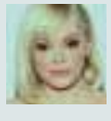
Bieber soothes heartache with boats and booze

Justin Bieber

You might have had a pretty fun time this weekend, but Justin Bieber was on a boat, so there. The pop star returned to his favourite city for getting into trouble, Miami, and boarded a yacht for a private party filled with booze and scantily clad women. Not that he's trying to prove a point or anything. Photos show the 20-year-old slugging back beers, entertaining guests and wearing several types of hats but exactly zero shirts. The only thing missing from the party? On-again, off-again girlfriend Selena Gomez, who was living it up back in Los Angeles, celebrating the 4th of July at a party at Mastro's Ocean Club in Malibu. But sources say the separation wasn't Bieber's idea, as he reportedly asked Gomez to spend the Fourth with him but she told him to buzz off.

Twitter

@ChloeGMoretz
it's crazy how things change so quickly, it's like you blink and the world's changed, time is a very very strange thing



@rosemcgowan
What is it with dogs and underwear?! Heathens!

@ArsenioHall
Go watch some live stand up tonight. Wherever you live in America, there is pure laughter nearby.

Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Buying a house that's beyond your budget can leave you living on the financial edge indefinitely. ISTOCK

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit
Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control
Expenses have a tendency to creep up, Up, UP. And if you aren't paying close attention, they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans
What the hell are ya thinking? If you can't afford to live on what you're making now, how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund
Experts have been touting the importance of having an emergency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that you should have enough cash to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive
Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a $400,000 house — that's $80,000 — you might think twice about buying such an expensive house.

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt
If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. *That's* how much you have to pay to be done with debt.

Using debt to repay debt
If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually. **WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.**

Twitter overuse may shorten marriage: Study

Facebook's risky too. Social network use has a dark side when it comes to impact on romantic relationships, research finds

Heavy Twitter use can lead to conflicts and other damaging effects on marriages and romantic relationships, a study said Thursday.

The study followed up on previous research that showed similar impacts for Facebook and raises questions about whether social network use in general is bad for relationships.

The study, appearing in the journal Cyberpsychology, Behaviour, and Social Networking found that "active Twitter use leads to greater amounts of Twitter-related conflict among romantic partners, which in turn leads to infidelity, breakup, and divorce."

The author, University of Missouri doctoral researcher Russell Clayton, concluded that these findings add to the evidence about social network use's dark side for personal relationships.

Clayton's research published in the same journal last year found that a high level of Facebook usage was associated with "negative relationship outcomes."

The journal's editor-in-chief Brenda Wiederhold said these findings highlight the need for more study on social network use.

"Since much of the social networking research is in its infancy, we do not know if other media, such as Instagram will also impact relationships in a negative way," she said in a statement.

The latest study surveyed 581 adult Twitter users. Clayton found that the more often a respondent reported being active on Twitter, the more likely they were to experience Twitter-related conflict with a partner. **AFP**

Too much tweeting or Facebook can mean you might find yourself all alone with your laptop — and no spouse or significant other, research shows. ISTOCK

The great Canadian car share

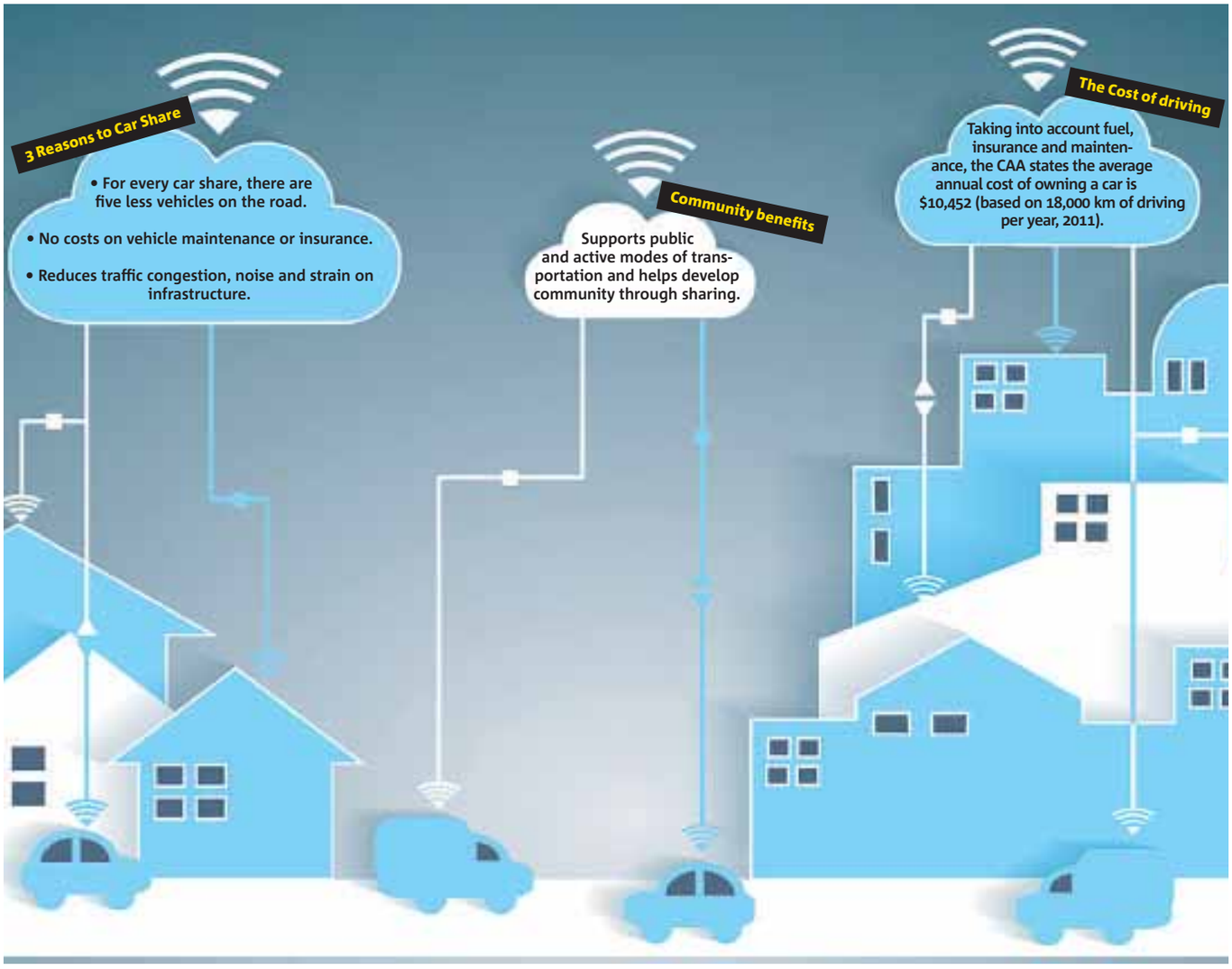
Rallying the roads.
Drivers are opting for a more fuel efficient and environmentally friendly way to ride

STEVE GOW
Metro World News

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.

Car sharing in Canada

- **Regina.** The Regina Car Share Co-Op loans vehicles for as little as $5 per hour. reginacarshare.ca
- **Ottawa.** VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- **London.** Community CarShare provides vehicles on a pay-per-use basis. communitycarshare.ca
- **Winnipeg.** Peg City Car Co-op has been around since 2011. pegcitycarcoop.ca
- **Edmonton.** E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@edmonton.ca


3 Reasons to Car Share
• For every car share, there are five less vehicles on the road.
• No costs on vehicle maintenance or insurance.
• Reduces traffic congestion, noise and strain on infrastructure.
Community benefits
Supports public and active modes of transportation and helps develop community through sharing.
The Cost of driving
Taking into account fuel, insurance and maintenance, the CAA states the average annual cost of owning a car is $10,452 (based on 18,000 km of driving per year, 2011).

Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely $7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit car-sharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives! Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as $8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, CarShare HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca.

Daisha Tankins, 19, works as a peer counsellor at a drop-in centre in St. Louis that helps low-income students stay on track and make the transition to college. JEFF ROBERSON /THE ASSOCIATED PRESS

Focus a challenge for pre-college students

'Summer melt.' Money problems, housing issues and other details cause many students to abandon higher education plans

Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer." Ben Castleman, professor and former Harvard researcher

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective community college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to blame in about half of those cases, Castleman said. But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for summer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said.

"What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman College in Atlanta after graduating from a St. Louis high school last summer. But unable to afford the private college and unwilling to go into more than $100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown. Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said.

School districts and colleges are beginning to find that reducing summer melt doesn't require dramatic intervention.

For just $7 per student, school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!" THE ASSOCIATED PRESS

Let a mentor guide you to career success

Every Day Connect campaign. 66 per cent of professionals say personal relationships have helped them in their careers

LAKSHMI GANDHI
Metro World News

A mentor can help while you navigate a new career. ISTOCK

Navigating the world of business can be tough — especially when you are in the early stages of your career. Finding a mentor can be a key to success.

Enter the Every Day Connect campaign, a new project sponsored by Fairfield Inn and Suites as a way to support the connections between young professionals and the mentors who have encouraged them.

"I think mentorship is important to everyone, but a lot of people are afraid to reach out," says Fairfield Inn's Vice President of Global Brand Management Shruti Buckley. "But right now the workforce is so competitive, so it's more important than ever to build those relationships."

A survey commissioned by Fairfield revealed that 66 per cent of professionals say personal relationships have helped them in their careers. We talked to four young entrepreneurs who are serving as ambassadors for Every Day Connect — and who were all named to the Forbes 30 under 30 list in 2014 — for their suggestions on how to foster a strong mentoring network.

Don't think of it as formally finding a mentor

Kane Sarhan, who co-founded Enstitute, a program that matches young people with entrepreneurial apprenticeships, says the best mentoring relationships come about organically. "We find with a lot of our students, mentors just develop naturally once you find someone you connect with," he says. "Those really strong personal relationships really are long lasting."

Find someone you can bounce ideas off of

"It's always good to have different people, opinions and perspectives around," explains Eden Full, the creator of SunSaluter, a device that makes solar panels more efficient. Full says her mentor has been instrumental in the early growth of her company. "Just talking things through and weighing the pros and cons was really key to making the right decisions," she says.

Be persistent without being annoying

Full also stresses that you shouldn't give up if there is a particular person you want to connect with. "If someone doesn't respond to your email (right away), there are so many reasons why," she points out. At the same time, remember to respect your mentor's time. "Be humble and assertive, but not necessarily aggressive," says Meg Gill, an executive with Golden Road Brewing.

Don't be afraid to reach out

If you are shy about approaching someone in your field, don't be. Fairfield's survey reveals that 77 percent of employed adults said they were willing to help new grads find work. But it's important that young people show that they are serious. "I didn't go out looking for mentors," says Gill. "I went out looking to learn. A lot of people don't just let someone come up to them, so you have to be passionate about something."

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NORTH VANCOUVER - ACCOMODATIONS PROVIDED
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July 21st - July 28th, 2014

Job Vacancies 50

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Looking for **Dependable** & **Hard** working professionals who can commit to: **7 to 8 Straight days** (Monday - Monday) of **12 HR shifts** *See below for either **Days** or **Nights**.

APPLICATION REQUIREMENTS:
Send your Letter of intent/ interest and point form resume (outlining your previous experience transferrable skills) and preferred shits (DAY or NIGHT)
Via Careers@lmsgroup.ca OR **Fax: 604.572.6139**
Quote: "SILO-July2014" in subject line. We thank all applicants for their interest, however only those who clearly outline the application requirements above will be contacted toward future screening.

A summer masterpiece: Chicken with Watermelon, Avocado and Feta Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. ROSE REISMAN

Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce portion of chicken has only 120 calories, two and a half grams of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious seasonal salsa over top and you have created a masterpiece.

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed.

The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

Ingredients

Salsa
- 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic
- 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)

Directions

1. Prepare the salsa by combining the watermelon, red bell pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.

2. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken, turning half way just until cooked or internal temperature reaches 165 F. Serve the salsa on the grilled chicken, garnish with crumbled feta.

Nutritional information

Per serving

- **Calories.** 210
- **Carbohydrates.** 5 g
- **Fibre.** 0.8 g
- **Protein.** 23 g
- **Total fat.** 8.7 g
- **Saturated fat.** 3.2 g
- **Cholesterol.** 63 mg
- **Sodium.** 320 mg

This recipe serves four. ROSE REISMAN

The sweetest way to beat the heat

In the heat of summer, a bowl of hot soup is the last dinner choice to come to mind.

However, a chilled fruit soup is not only refreshing, but a light and nutritious way to start a meal. This Cold Mango Soup is creamy, flavourful and only contains 99 calories and three grams of fat per serving.

If you want the beautiful swirl on top of each bowl, just add a quarter of a cup of light yogurt to a small baggie.

Using a pair of scissors, cut a very small hole in the corner of the bag.

Ladle the soup into bowls and squeeze the yogurt in straight lines across the soup.

Drag a toothpick from one end of the soup through the lines to the other.

1. In a nonstick saucepan, heat oil over medium heat. Add onions and garlic; cook, stirring 4 minutes or until browned.

2. Add stock. Bring to a boil; reduce heat to medium-low and cook 5 minutes or until onions are soft.

3. Transfer mixture to a food processor. Add 2 cups of the mango. Purée until smooth. Stir in remaining chopped mango.

4. Chill 2 hours or until cold. Serve with a dollop of yogurt or make the design as described in the introduction and garnish with a mint leaf.

ROSE REISMAN

Ingredients
- 2 tsp vegetable oil
- 1/2 cup chopped onions
- 2 tsp minced garlic
- 2 cups vegetable or chicken stock
- 2 1/2 cups chopped ripe mango (about 2 large)

Garnish (optional)
- 2% plain yogurt
- Mint leaves

4 SPORTS

World Cup

Brazil attendance ranked 2nd overall

World Cup attendances are set to achieve the second-highest average in tournament history.

FIFA says the average crowd after 60 matches in Brazil is 52,762, beating the 52,491 mark for the 2006 World Cup in Germany.

The record was set in the United States at the 1994 World Cup, when an average of 68,991 attended the 52 matches in a 24-team tournament.

More than 3.16 million spectators have attended in Brazil, with stadiums filled to 98.3 per cent capacity, FIFA says.

With four matches left, the total attendance is set to approach 3.4 million.

THE ASSOCIATED PRESS

Tour de France

Shark surges to take yellow jersey

Italy's Vincenzo Nibali displayed his riding smarts at the Tour de France, winning Stage 2 on Sunday and taking the yellow jersey after a well-choreographed attack on rivals in the postindustrial English city known for "The Full Monty."

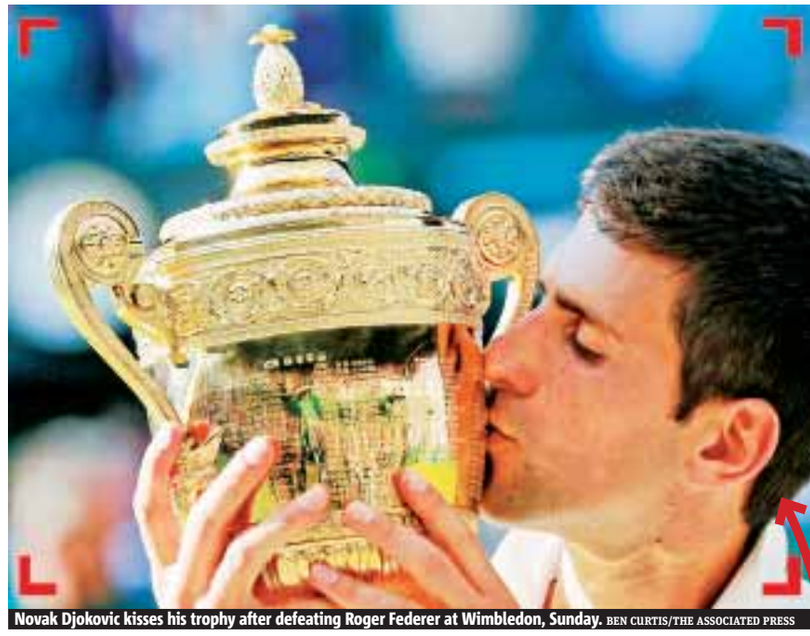
With less than two kilometres left, Nibali — nicknamed "The Shark" for his road savvy — escaped a 21-man breakaway bunch at the end of the 201-kilometre course over nine heath-covered hills of Yorkshire, and held off their late surge.

The 29-year-old rider has won the Italian Giro and Spain's Vuelta, but has never captured cycling's showcase event.

THE ASSOCIATED PRESS

Joker gets last laugh in Wimbledon final

Back on top. No. 1 Djokovic wins four-hour match against Federer for his seventh Grand Slam title



Novak Djokovic kisses his trophy after defeating Roger Federer at Wimbledon, Sunday. BEN CURTIS/THE ASSOCIATED PRESS

Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself when he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your career and everything you have done. And thank you for letting me win today."

Even Federer had to smile at that line.

Truth is, Djokovic deserved plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, "but it was extremely close."

THE ASSOCIATED PRESS

The Canadians

- Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.
- Vancouver's Vasek Pospisil and American partner Jack Sock won the Wimbledon men's doubles title on Saturday in an upset of the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

AUGMENTED REALITY

→ Scan the image with the Metro News app for more photos from Wimbledon this past weekend.

→ See the full instructions on Metro's Voices page.

metro AR

Lexie Lou wins $1-million Queen's Plate

Lexie Lou, jockeyed by Patrick Husbands, won the 155th running of the Queen's Plate on Sunday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Mark Casse finally has his first Queen's Plate victory.

Filly Lexie Lou captured the $1-million race Sunday at Woodbine Racetrack, giving the six-time Sovereign Award winner as Canada's top trainer his first Plate win. The 53-year-old American came close in 2011, finishing second to Inglorious with Hippolytus, but admitted becoming emotional after Lexie Lou crossed the finish line 1-1/2-lengths ahead of runner-up Ami's Holiday, a 9-1 longshot.

"My son, Colby, just started crying afterwards and to see it mean that much to him got me crying," said Casse, a 34-year racing veteran. "There was a lot of crying.... I think I would've been OK had Colby not started crying.

"When all you've done your entire life is been around race horses ... I really don't know anything else. I've been following the Queen's Plate since I was a little boy and so to finally win it, I just pinch myself. I thought we'd win it sooner or later. I knew I wasn't going to give up."

Lexie Lou sat comfortably in ninth at the halfway point before steadily working up the field. She sat second behind Asserting Bear after a mile before surging into the lead, then holding off Ami's Holiday. THE CANADIAN PRESS

Winning time

2:03.94

The time in which Lexie Lou finished the 1-1/4-mile race.

KO. Rousey takes Davis down in just 16 seconds

The (Rowdy) Ronda Rousey legend grows.

On Saturday night, the UFC women's bantamweight champion flattened Alexis Davis in 16 seconds as the Canadian challenger never knew what hit her.

The 16-second knockout is tied with Frank Shamrock's win over Kevin Jackson for second fastest in a UFC championship fight. Andrei Arlovski's 15-second KO of Paul Buentello is the fastest.

Ronda Rousey THE ASSOCIATED PRESS

Rousey, who came to MMA from judo where she won Olympic bronze, has now won all 10 of her fights with nine first-round finishes. The 10 wins have lasted a total of 24 minutes 48 seconds.

And Rousey is expanding her arsenal.

Her first eight finishes were all by armbar submission. Then she dropped Sara McMann, an Olympic silver medallist in wrestling, with a knee to the liver.

And she stunned Davis with a punch and knee at the centre of the cage, before tossing her to the ground with a hard judo throw and finishing her off with some 10 punches to the face.

Rousey has set even higher goals.

"I still have a lot of improvements to make," she said. "I want to retire undefeated and be known as one of the greatest of all time." THE CANADIAN PRESS

Fight on. Despite a badly broken toe, Hall wins it

Uriah Hall limped away from UFC 175 with a win and a toe pointing in another direction.

The 29-year-old middleweight from New York City broke his toe in the first round against Brazil's Thiago Santos on Saturday night. And things got more gruesome after that.

The crowd at the Mandalay Bay Events Center first noticed the injury when the cameras zoomed in on the disfigured toe after the first round. There was an audible groan around the arena when it was shown on the big screens.

Hall came out for the second round, with the top of the toe next to his big toe sticking up almost vertically.

"I remember throwing a front kick and he blocked it but I didn't realize I had broken my toe," Hall said later. THE CANADIAN PRESS

Warrior

"I tried to pop it back in after the round ended."
Uriah Hall

PGA Tour

Cabrera can win the small ones too

Angel Cabrera no longer has to fret about that streak of disappointments in non-major events on the PGA Tour.

The 44-year-old Argentine won the Greenbrier Classic on Sunday for his first victory in a tournament other than a major, closing with his second straight 6-under 64 for a two-stroke victory over a heavy-hearted George McNeill.

Cabrera, whose only other PGA Tour victories came in the 2007 U.S. Open and 2009 Masters, built a three-shot lead before making things interesting with a pair of late bogeys. He finished at 16-under 264 and now has another green jacket — that as Greenbrier Classic champion.

Cabrera had no top 10 finishes this season entering the tournament but had everything working Sunday, hammering drives and approach shots with precision and coming up with clutch putts, especially on the back nine.

THE ASSOCIATED PRESS

The Oakland Athletics' Jeff Samardzija works against the Toronto Blue Jays in the fourth inning on Sunday, in Oakland, Calif. BEN MARGOT/THE ASSOCIATED PRESS

Jays still trying to spell Samardzija

Poor offence. Newest A's acquisition's stellar seven innings wrap up four-game sweep

Jeff Samardzija pitched seven strong innings to win his Oakland debut and the Athletics beat the Toronto Blue Jays 4-2 on Sunday to complete a four-game sweep.

Samardzija, acquired a day earlier in a trade with the Chicago Cubs, received several standing ovations. He was cheered during pregame warm-ups and again after striking out the side in the seventh.

Samardzija gave up one run and four hits. He struck out five and walked one while earning his first win since June 7.

With the Cubs, Samardzija was 2-7 despite a 2.83 ERA.

Jed Lowrie had two hits and scored twice, and leadoff hitter John Jaso added a pair of hits and an RBI for the A's, who won their fourth straight following a three-game sweep in Detroit.

Stephen Vogt singled and tripled to help the A's complete their first series sweep of the Blue Jays since taking a three-game series in 2000. Oakland hadn't swept a four-game series from Toronto since May 22-24, 1981.

Nate Freiman and Craig Gentry also drove in runs for the A's.

Lowrie doubled and scored in the second, then Oakland added two more in the fourth to extend their majors-leading record to 55-33.

Pinch-hitter Derek Norris added an RBI double in the eighth for Oakland.

Steve Tolleson had a pinch-hit home run off A's closer Sean Doolittle in the ninth for the Jays, who have lost six straight on the road.

THE ASSOCIATED PRESS

MLB all-star selections

- Oakland has its most all-stars since 1975: Pitchers Sean Doolittle and Scott Kazmir; catcher Derek Norris; infielders Brandon Moss and Josh Donaldson (starter); and outfielder Yoenis Cespedes.
- For the Blue Jays, outfielder Jose Bautista (starter), infielder Edwin Encarnacion and pitcher Mark Buehrle were selected.

Brandon McCarthy
GETTY IMAGES

Yankees take Brandon McCarthy

The New York Yankees acquired help for their depleted rotation on Sunday by acquiring veteran right-hander Brandon McCarthy from Arizona.

The Diamondbacks also are sending New York cash in Sunday's deal for left-hander Vidal Nuno.

The move comes after Yankees left-hander CC Sabathia had a setback with a degenerative cartilage problem in his right knee. New York was unable to work out a trade this week for the Cubs' Jeff Samardzija, who instead was dealt to Oakland.

McCarthy, who turns 31 on Monday, was 3-10 with a 5.01 ERA with Arizona this season. In nine seasons with the White Sox, Rangers, A's and Diamondbacks, McCarthy is 45-60 with a 4.21 ERA.

McCarthy said he is sad to be leaving Arizona, but added the move to New York is special.

"It's still the Yankees, no matter what," McCarthy said. "If you don't know baseball, you know the Yankees."

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Partnership issues and money issues will be important today. If nothing else, you must resist the urge to splash out on expensive gifts for loved ones.

♉ Taurus
April 21 - May 21
Life may a struggle right now but on the plus side, you will learn something useful. You are here for a reason. Stop complaining and start living.

♊ Gemini
May 22 - June 21
There are times when it is right to act on a hunch and this is one of them. With surprises planet Uranus strong in your chart, you should act on what your inner voice is telling you.

♋ Cancer
June 22 - July 23
If you let your fears get the better of you today you will regret it later when you realize what a great opportunity you have allowed to pass by. If you see an opening, go through it.

♌ Leo
July 24 - Aug. 23
You may be tempted to let a rival off the hook today but the planets warn that may not be a good idea, if only because it is likely to encourage others to take advantage of you too.

♍ Virgo
Aug. 24 - Sept. 23
You can make yourself happy or sad — the choice is yours. The effort that goes into being depressed can be diverted into finding things that delight you.

♎ Libra
Sept. 24 - Oct. 23
The more nice things you say about others today, the more nice things they will do for you in the near future. You will, of course, have to make your compliments sound sincere.

♏ Scorpio
Oct. 24 - Nov. 22
Take a less provocative approach with people you have been in disagreement with. Your differences are not so wide that you cannot find areas where you both can agree.

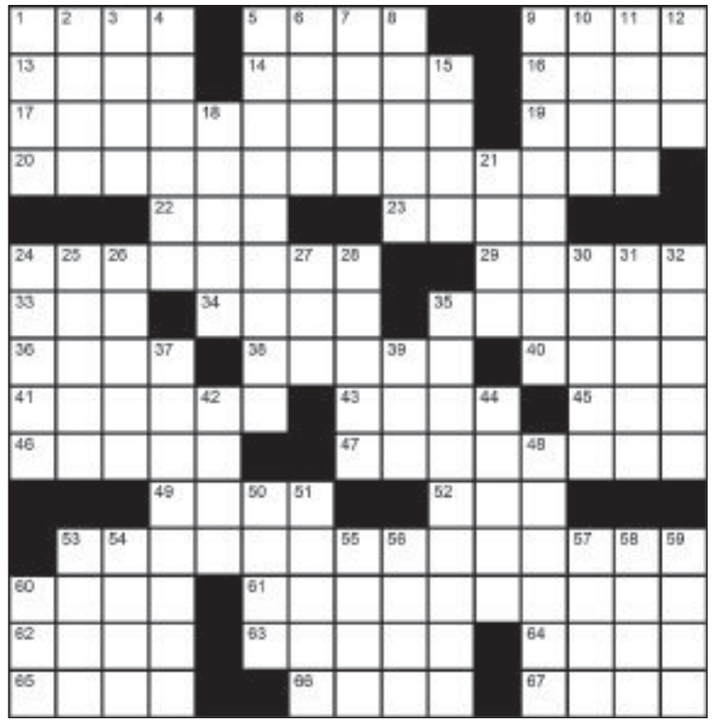
♐ Sagittarius
Nov. 23 - Dec. 21
You may think your charm will get you everything you desire, but that is not an excuse to cut corners. Everything balances out, so if you cheat others now you will pay for it later.

♑ Capricorn
Dec. 22 - Jan. 20
Every once in a while — like today — you do something that shocks even those who know you well. Tomorrow, no doubt, you will be making apologies.

♒ Aquarius
Jan. 21 - Feb. 19
Don't give up on a relationship just because it is going through a bad patch. It is times like these that test your commitment. If you hang in there, the tide will turn in your favour soon.

♓ Pisces
Feb. 20 - March 20
If an issue is causing you sleepless nights, focus your mind on something else. Eventually you may find that you no longer care who wins.

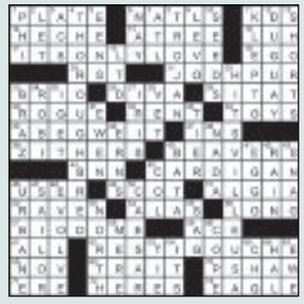
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Paul Bunyan's blue ox
5. Manitoba locale, with Flon
9. Look over
13. Mr. Rickman
14. Put together some sort of contraption: 2 wds.
16. Hawkeye State
17. East Coast people
19. Ceramics oven
20. Regina: RCMP __ __ Parade
22. Impair
23. Q. "__ '_ _' a show George Clooney starred on?" A. "Yes."
24. Richard Branson's space tourism company, Virgin __
29. Visual arts univ. in Halifax
33. Ginger drink
34. Deep Purple song
35. Scott of "Quantum Leap"
36. Faint
38. Words to live by
40. Annual, for short
41. Ancient temple complex in Egypt
43. Actor Paul
45. Caesar's 502
46. Do some PI work: 2 wds.
47. Actress Tiffani
49. Succeeds
52. Morse Code bit
53. Toronto, in the film industry: 2 wds.
60. Helvetica, for one
61. PEI: __-__-__ó Fort Amherst National Historic Site of Canada
62. To, archaically
63. "Pink Shoe Laces" by __ Stevens
64. Isle of Scotland's Inner Hebrides
65. __ signs
66. Floral arrangement
67. Leave in, to an editor

Down
1. Loud sounds
2. Wings: Latin
3. "Roseanne" name
4. "Return to Innocence": 1994 hit for __
5. Sherwood Forest denizen: 2 wds.
6. Outline
7. "_ __ Around" by The Beach Boys
8. Olympic runner nicknamed 'The Flying Finn', Paavo __ (b.1897 - d.1973)
9. Big name in helicopters
10. Coconut fibre
11. Hole-making tools
12. Grandma
15. Pro bono TV spots
18. Instruct
21. Actress Ms. Malone
24. Rubbernecks
25. _ __ of faith
26. Comedian/actor Denis
27. Medit. Sea land
28. Silica rock
30. __ and whey
31. "Kate & __" ('80s sitcom)
32. "Another __ __ Paradise" by Phil Collins
35. Rectangular-shaped guitar legend: 2 wds.
37. Canadian journalist Mr. Nash (b.1927 - d.2014)
39. "What?"
42. Indigo dye
44. Country songstress Ms. Carter
48. Screens in Japanese decor
50. Big Apple force [acronym]
51. Hawk's spotting-prey move
53. Fine-tune
54. Not tricked: 2 wds.
55. "..._ __ you want pizza instead?" (Takeout query)
56. Mr. Redding
57. A&W __ Beer
58. Ms. Daly
59. Sun's output
60. Merriment

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	2	4	6	1	5	9	8	3
6	9	3	8	4	7	2	5	1
1	8	5	3	9	2	7	6	4
9	3	2	5	7	1	8	4	6
4	1	6	9	3	8	5	2	7
8	5	7	4	2	6	3	1	9
2	4	8	7	6	9	1	3	5
5	6	9	1	8	3	4	7	2
3	7	1	2	5	4	6	9	8

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